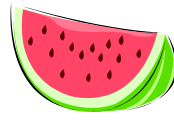


MOVE! Fruit List



Fruits are a good source of vitamins, minerals, and fiber. Fruits are primarily made from fructose or fruit sugar and water and are fat free. Serving sizes are approximately 60 calories and 15 grams of carbohydrate.

**Fresh ,
Frozen,
No added
sugar**

	<u>Serving Size</u>
Apple	1
Applesauce	½ cup
Apricots	4
Apricots, canned	½ cup or 4 halves
Banana (9 inches)	½ banana
Blackberries, raw	¾ cup
Blueberries, raw	¾ cup
Cantaloupe, 5 inches across	1/3 melon
Cherries, raw	12
Cherries, canned	½ cup
Figs, raw 2 inches across	2 figs
Fruit cocktail	½ cup
Grapefruit, medium	½
Grapefruit, segments	¾ cup
Grapes	15
Honeydew melon, medium	1/8 melon
Kiwi	1
Mandarin oranges	¾ cup
Mango	½
Nectarine, 1 ½ inch across	1
Orange, 2 ½ inch across	1
Papaya	1 cup
Peach, medium	1 or ¾ cup
Peaches, canned	½ cup
Pear	½ large
Pears, canned	½ cup or 2 halves
Persimmon	2 medium



Pineapple, raw
 Pineapple, canned
 Plum, 2 inch across
 Pomegranate
 Raspberries, raw
 Strawberries, raw
 Tangerine, 2 ½ across
 Watermelon, cubes

¾ cup
 1/3 cup
 2 plums
 ½
 1 cup
 1 cup
 2
 1 ¼ cup

Dried Fruit

Apples
 Apricots
 Dates
 Figs
 Prunes
 Raisins

4 rings
 7 halves
 2 ½
 1 ½
 3 medium
 2 Tbsp

Fruit Juice

Apple juice or cider
 Cranberry juice cocktail
 Grapefruit juice
 Grape juice
 Orange juice
 Pineapple juice
 Prune juice

½ cup
 1/3 cup
 ½ cup
 1/3 cup
 ½ cup
 ½ cup
 1/3 cup

